# Acute Effects of Recreational Outdoor Physical Exercising on Mood State in Older Females

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***PURPOSE:*** Current evidence consistently demonstrates that acute bouts of physical activity (PA) produce immediate improvements in affect, mood state, and psychological well-being; however, studies have rarely examined the specific acute effects of PA in older females. Therefore, this study aimed to evaluate the acute effects of recreational PA performed in a natural outdoor ("green") environment on mood state in older women.



***METHODS:*** A total of 41 females aged 60 years and older participated in the study. Participants completed three sessions of recreational PA organized in a public park. The sessions were conducted at 9:00 AM, 11:00 AM, and 4:00 PM. Mood state was assessed immediately before and after each session using the Brunel Mood Scale (BRUMS). Repeated-measures analysis of variance (ANOVA) was applied to examine pre–post differences across the three exercise sessions.





***RESULTS:*** The ANOVA revealed significant pre–post improvements in mood state across all three sessions, indicating favorable acute effects of recreational PA in older females. The most pronounced improvements were observed following the 11:00 AM session. CONCLUSION: Recreational PA performed in a public park setting appears to be effective in acutely enhancing mood state among older females. Further research is warranted to investigate long-term effects and to explore factors that may influence the magnitude of these effects, such as weather conditions, climate, and environmental characteristics.

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